

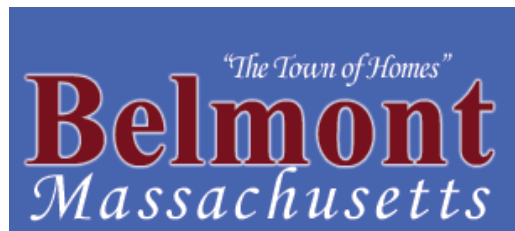
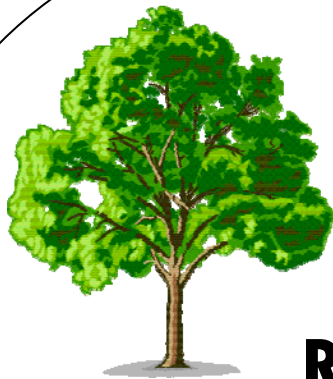
# **Belmont Recreation Department**

**2014-2015**

## ***School Year Programs***

**Recreation Activities for Every Family Member**

A Division of Belmont's Dept. of Public Works  
**Program Registration and Membership Sales begin  
September 2, 2014**



## **Recreation Department**

### Administrative Staff

**June Howell, Program Supervisor**  
**Luke Ferreira, Program Coordinator**  
**Ernest S. D'Agnelli, Coordinator**  
**Susan Weiner, Special Needs Program Director**

## **Mission of the Recreation Department**

The Belmont Recreation Department promotes opportunities for Town residents to participate in a variety of healthy and enjoyable activities year round, which satisfy the diverse interests of Belmont residents.

**The Recreation Commission has ZERO TOLERANCE for misconduct by a participant or parent while at a Recreation Department program or facility. Any person who willfully disregards Recreation Commission policies may be removed from the program and/or have their membership privileges revoked.**

The use of tobacco is prohibited in any school building and on all school grounds.

The Recreation and Health Departments encourage you to use skin protection whenever participating in outdoor activities.

**All programs are subject to change or cancellation.**

**Refunds for programs are reviewed upon request but not guaranteed and refunds are NOT given once a program has begun.**

**MEMBERSHIP FEES ARE NON-REFUNDABLE.**

### **2014/15 School Year Resident Membership**

**Family \$195.**

**Adult \$140.**

**Child \$110.**

### **2014/15 School Year Non Resident**

**Family \$250.**

**Adult \$150.**

**Child \$120.**

**Day Passes are available for Residents Only: \$5.00**

**Membership or a day pass is required for admission to the Higginbottom Pool, Wenner Field House and the Viglirolo Skating Rink.**

**Membership may also be required for participation in some Recreation Programs.**

### **Registration General Information**

**Registration may be completed by mail, in the Recreation Office or online at [www.belmont-ma.gov/recreation](http://www.belmont-ma.gov/recreation)**

#### **Forms of Payment Accepted**

**Cash**

**Check**

**\*Electronic Check**

**\*Visa**

**\*Master Card**

**\*Discover**

**\*American Express**

**\*Please Note that processing fees will be assessed if using these forms of payment, whether online or in the office. We thank you for your understanding.**

**Belmont Recreation Department**

**PO Box 56, Belmont MA 02478**

**Phone: 617-993-2760**

**Fax: 617-993-2761**

**Recorded Information: 617-993-2768**

**[www.belmont-ma.gov/recreation](http://www.belmont-ma.gov/recreation)**

# After School/Evening Programs for School Year 2014-15

Registration forms for these programs are at the back of this brochure

## **KARATE**

With Grand Master Steve Nugent and his staff  
Wednesday Afternoons At the Beech St Center



<u><b>Age/Class Time</b></u>			<u><b>Session Dates/Fees</b></u>		
Little Dragons	Ages 3 & 4	4:30-5 pm	<u>Session #1</u>	Sept. 17 - Dec. 3	\$264.00
Little Ninjas	Ages 5-7	5-5:45 pm	<u>Session #2</u>	Jan. 7 - April 1	\$264.00
Juniors	Ages 8-14	5:45-6:30 pm	<u>Session #3</u>	April 8 - July 1	\$264.00



## **Parkour**

Wednesdays, 6:00 - 7:30pm. at the Chenery Middle School

Session #1 - Sept. 10 - Nov. 12      \$100.00

Session #2 - Jan. 7 - Mar. 25      \$100.00

Session #3 - April 1 - June 17      \$110.00

Drop In: \$15 per class

Parkour is a combination of running, climbing, swinging, vaulting, jumping, and rolling. Instructor Blake Evitt has traveled all over the world studying the finer points of this sport.

## **Musical Theatre Fall Production - Annie**

Come Join the Cast!

Wednesdays this fall in the Town Hall Auditorium

September 17th - December 17th (excluding November 19 and November 26)

Grades 1 & 2: 4:00 - 5:00 pm      \$185.00

Grades 3 - 5: 5:00 - 6:15 pm      \$215.00

Spring Theater Performance TBD



## **School Vacation Clinics at the Butler School**

Monday, December 29 and Tuesday, December 30, 2014 - Recreation Department 'Sports Blast'

Tuesday, February 17 through Friday, February 20, 2015 - All Sports Clinic with Coach John Papas

Tuesday, April 21 through Friday, April 24, 2015 - All Sports Clinic with Coach John Papas

### **Note:**

Registration for these programs is not available online. Registration forms for these programs are located in the back of this brochure or on the Department's website.



**Tryouts for potential new Dolphins: @ Belmont High School, Higginbottom Pool**

ages 10 and under..Sept. 15                      ages 11 and over..Sept. 16

Tryout registration begins at 5:30 pm...tryouts begin at 6 pm

**Minimum Requirements:**

Children ages 8 and under must be able to swim 1 length of the pool using 2 of the 4 competitive strokes

Children ages 9 and 10 must be able to swim 1 length of the pool using 3 of the 4 competitive strokes

Children ages 11 and over must be able to swim 2 lengths of the pool using 3 of the 4 competitive strokes

**All ages must be able to dive.**

Parents are not allowed in the pool or locker room area during try-outs, no exceptions

This popular swim program is a wonderful opportunity for children interested in competitive swimming to try the sport for the first time and has helped develop youngsters into very talented swimmers throughout past seasons.

The Dolphin coaching staff places a tremendous emphasis on skill development in all four competitive strokes.

Our belief is that long-term, proper swim technique translates into outstanding swimming performance.

In addition to proper mechanics, the program focuses on competition, teamwork and fun. The team is part of the Middlesex League (Winter Suburban Swim League), which consists of 14 teams from around the region.

Swim meets are held from December through mid-March usually on Sundays. Team members typically have the opportunity to swim all events throughout the season allowing them to develop speed and skill in all strokes.

Twice weekly workouts are tailored to meet the individual needs of each swimmer.

**Meet the Coaching Staff**

Megan Olowinski, our head coach, has been with the Dolphin program for over 20 years as a swimmer and assistant coach and is returning for her 12th season as head coach

Amanda Matarese lives and works in Boston and grew up swimming in Rhode Island

Siobhan Reardon, a former Dolphin swimmer is returning for her 5th year

Bob Reardon will return for a 4th year. Bob is also a former Dolphin swimmer

James Saidnawey is a former Dolphin Captain who recently graduated college and now lives and works in the Boston area

Philip Saidnawey returns to the team after his service with the USMC. Philip is also a former team Captain

All of our coaches are committed to helping swimmers be the best they can be and achieving all their personal bests

**About "Parents of Dolphin Swimmers" (PODS)**

Parents of Dolphins (PODS) is a not-for profit (tax exempt) parent volunteer organization dedicated to supporting the Dolphins team and coaching staff. PODS organizes equipment sales, team pictures, stroke technique clinics and a number of other events throughout the season. The most important function of PODS, however, is to organize and run the swim meets. All of the swim meets your child will participate in are run almost entirely by parent volunteers. Volunteers time, score, judge, oversee pool safety and manage the snack bar. Parents of all team members are expected to volunteer in running the swim meets and other PODS activities.

PODS raises money for program support through: equipment sales, stroke clinics and the snack bar. Please be aware that, in cases of financial hardship, PODS may be able to contribute toward the cost of the Dolphins Program Fee charged by the Recreation Department. Funds are very limited and are given only after documentation of enrollment in Mass Health or the free school lunch program. Please contact PODS for further information.



# Children's Swimming Lessons

at the Higginbottom Pool  
Ages 18 months and Over

## Levels 2-7

Due to the depth of the shallowest end of the pool, children uncomfortable in the water must be at least 48 inches tall. Children will progress and be evaluated throughout the session as levels and skills increase.

**Please be respectful of the rules of the Belmont School Department and  
DO NOT BRING FOOD OR DRINKS INTO THE POOL AREA. FAILURE TO ABIDE BY THIS  
RULE COULD RESULT IN YOU BEING ASKED TO LEAVE THE POOL AREA.**

**Please review the descriptions and choose your child's swimming level at registration**

- Level 2: **Very Comfortable** in the water, will learn floats, rhythmic breathing, start the crawl stroke
- Level 3: Work on crawl stroke, elementary backstroke and back crawl stroke
- Level 4: Introduction to breaststroke and sidestroke development
- Level 5: Continue working on breast and sidestroke development
- Level 6: Competitive skill development, work on butterfly
- Level 7: Concentration on stroke refinement and endurance



## Parent/Toddler Swimming: ages 18 mos - 4 yrs

Children and their parents will participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. The 30 minute classes are not designed to teach your toddler to swim but to expose them to the water in a safe, fun environment. Parents are provided with information and techniques to help lay the foundation for future swimming lessons.

This program is a fun and positive bonding experience for both parents and children.

## Level Times

Levels 4-7	9-9:45 am	OR	<b>2:15-3 pm</b>
Levels 2 & 3	10-10:45 am	OR	<b>3:15-4 pm</b>
Toddlers	11-11:30 am	OR	<b>4:15-4:45 pm</b>

## Fees: (a 2014-15 school year membership is required)

Sessions 1 & 2: \$75.00 (7 classes)

Session 3: \$65.00 (6 classes)

## Session Dates:

Session One: Sept. 20, 27, Oct. 4, **11, 18, 25**, Nov. 1,

Session Two: Jan. 3, 10, 17, **24**, 31, Feb. **7**, 14

Session Three: Feb. 28, March 7, **14**, 21, 28, April 11

**Dates in red indicate that class will  
be held in the afternoon due to  
SAT testing at Belmont HS  
Please Note: Classes are NOT  
offered as either/or**

## Private Swimming Lessons

Our certified instructors are available to offer either private or semi-private swimming lessons to you or your child. Please note that the Recreation Dept. does not pair students. Register by mail or at the Recreation Dept. office. A 2014-15 membership is required.

## Cost:

- 4 - 30 minute private lessons: \$120. (one student only)
- 4- 30 minute semi private lessons: \$180. (2 students maximum)
- 4- 30 minute mini group lessons: \$220. (3 students maximum)



# Children's Ice Skating Lessons

**You must have a current Recreation  
Dept. membership to participate**

**Beginners: Ages 3, 4 and Kindergarten: 30 MINUTE CLASS and 10 MINUTES PRACTICE TIME AT END OF CLASS**

This class focuses on developing the coordination and strength needed to maneuver on skates. Our goal is for the children to learn proper technique and have fun.

**Levels 1-8: 40 MINUTE CLASS (30 MINUTES INSTRUCTION FOLLOWED BY 10 MINUTES OF INDIVIDUAL PRACTICE)**

This program will introduce the fundamental moves, forward and backward skating, stops, crossovers and turns. Upon completion of these levels, skaters will have the basic knowledge of the sport enabling them to advance to more specialized areas of skating such as figure skating, dance and hockey.

**PARENTS: PLEASE REMEMBER THAT IF YOUR CHILD HAS ANY ISSUES SUCH AS ATTENTION, BEHAVIOR, LANGUAGE BARRIER, ETC., YOU SHOULD LET YOUR INSTRUCTOR OR OUR DIRECTOR, SU RIBIERO KNOW SO THAT YOUR CHILD GETS THE MOST THEY CAN OUT OF THE PROGRAM. YOUR CHILD SHOULD BE COMFORTABLE IN A GROUP LESSONS SETTING, THESE LESSONS ARE NOT DESIGNED FOR ONE-ON-ONE INSTRUCTION.**

**HELMETS MUST BE WORN DURING THESE LESSONS; NO CHILD WILL BE PERMITTED ON THE ICE WITHOUT A HELMET.**

**BIKE HELMETS ARE NOT ACCEPTABLE. NO DOUBLE RUNNER SKATES**

**Skates should be no larger than the child's shoe size; bigger skates hinder progress. We recommend you purchase from a good Sporting Goods shop to insure proper fit. Do not have the picks shaved off. One pair of light socks should be worn.**

- When lacing skates remember they should be comfortable to snug through the toe area, snug over the arch and tight through the ankle. (use small sponges if the ankle is tender) You should be able to insert one finger behind the tongue at the top of the boot, to first knuckle, when laced.
- Hats, mittens and a warm jacket should be worn during the lesson. Elbow and knee pads are NOT recommended.
- Please put child's FIRST and LAST NAMES on the FRONT of the HELMET so that it can be seen by the instructor.
- *Children need to arrive on time for class, please arrive early so that skaters can be ready on time. Be sure your 3 or 4 year old child is prepared to be away from you with the group for the 30 minute class.*
- Parents are not allowed on the ice, NO EXCEPTIONS.
- Please see the Director, Su Ribeiro for questions during class, instructors will be available after class if you wish.
- *The first few weeks, as children's abilities emerge, coaches may move children to the class that will benefit them most.*

## **Session Dates**

Session 1: Nov. 8, 15, 22, 29, Dec. 6, 13, 20  
FEE: \$75.00

Session 2: Jan. 3, 10, 17, 24, 31, Feb. 7, 14, 21  
FEE: \$85.00

## **Class Times**

Ages 3, 4 & 5.....10-10:40 a.m.

Ages 6 & over.....10:40-11:20 a.m.

**OR**

11:20 a.m.-12 noon



# Ski Nashoba Valley 2015

The Recreation Dept. sponsors a Saturday night Ski Program to Nashoba Valley Ski Area in Westford, MA for children **Grades 5 – 12**. Transportation is provided by coach bus from Belmont High School.

Departure is at 5 p.m. and the group returns at approximately 11 p.m.

Parent volunteers are needed to chaperone this popular program.

**All chaperones are offered a lift ticket, rentals and optional lessons at no charge**

Enjoy a night of skiing or you may choose to spend the evening in Nashoba's cozy lodge.

Group lessons are available at no additional charge for all registered skiers and chaperones.

## **ONLINE REGISTRATION IS NOT AVAILABLE**

**2015 Dates: Jan. 10, 17, 24, 31, Feb. 7, 14**

**\*\*Please note you must write out three separate checks\*\***

**\$150 Payable to Town of Belmont (Bus Transportation)**

**\$175 Payable to Nashoba Valley (Program fee)**

**\$105 Rentals (optional) Payable to Nashoba Valley**

**Please bring your check for rentals on the night of the pre-fit,  
December 1, 2014 from 4:30-5:30 pm at the Recreation Dept. office**

**Cost of rentals increases to \$115 if rented after the pre-fit on Dec. 1, 2014**

A complete registration form can be found in the back of this brochure or on the Department's website

**All participants must sign a code of conduct before being allowed to participate.**

The code of conduct can be found on the bottom of the registration form.



## Snow tubing 2015



**Date:  
Planned for the 1st Saturday night after  
our ski program ends**

**Cost: TBA**

Enjoy a night at Nashoba Valley's Tubing Park. Planned for the 1st Saturday night after our ski program ends which is tentative, depending on weather related cancellations during the ski program. Space is limited!

We will travel by school bus, leaving Belmont High at 5 p.m. and returning at 11 p.m.

Register at the Recreation Department.

Please check the website for updates and details.

# Fitness & Exercise

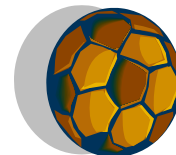


## Teen/Adult Soccer

**Ages 16 and over**

**Fee: \$50. with 2014-2015 membership  
\$70. non members**

Join others who just can't seem to get enough soccer! Informal games three days a week, Sundays and Tuesdays at the BHS Field House and Thursday evenings at the Winn Brook School. A complete schedule of dates and times will be posted on the Adult Soccer page of the Recreation Dept. website, [www.belmont-ma.gov/recreation](http://www.belmont-ma.gov/recreation)



## Zumba

**At the Beech St Center, Wednesday evenings  
7-8 p.m.**

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. Our goal is simple: we want you to work out, to love working out, to get hooked!

Zumba Fanatics achieve long term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life

### Session Dates/Costs

#### **Session 1:**

Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5

**Cost: \$80.00**

#### **Session 2**

Nov. 12, 19, 26, Dec. 3, 10, 17

**Cost: \$60.00**

#### **Session 3:**

Jan. 7, 14, 21, 28, Feb. 4, 11, 18, 25, Mar. 4, 11, 18

**Cost: \$110.00**

#### **Session 4:**

Mar. 25, Apr. 1, 8, 15, 22, 29, May 6, 13, 20, 27

**Cost: \$100.00**

# Adult Hockey Programs



## Men's Program

Fee: Members: \$185.  
Non-members: \$210.

**Begins Monday, November 3, 2014 through Monday, March 9, 2015**

A no check league for 2 hours on Monday nights beginning between 9:15 pm and 9:30 pm. All players should have knowledge of the sport and must wear helmets with face shields. Rob Leighton will continue as Coordinator this year.

## Women's Program

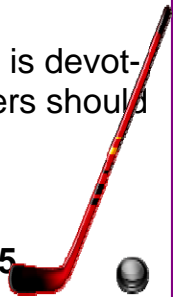
Fee: Members: \$139.  
Non-members: \$157.

**Begins Sunday, November 9, 2014 through Sunday, March 8, 2015**

Sunday evenings for 90 minutes beginning at 6:45 pm. A portion of the ice time is devoted to skill and skating drills and the remainder is used for scrimmages. All players should be advanced skaters and have a basic knowledge of the game.

## Senior Hockey

**NO FEE Begins Monday, November 3, 2014 through Friday, March 13, 2015**



Love the sport? Looking for some fun and exercise. Join friends on Monday, Wednesday and Friday mornings from 10-11:30 am. All players MUST wear proper hockey safety equipment, HELMETS REQUIRED.

**ALL PLAYERS MUST REGISTER WITH THE RECREATION DEPARTMENT**



## Teen/Adult Ice Skating



Sundays, 5:30-6:30 p.m.

**GRADE 5 AND OVER**

**A 2014-15 membership required**

**All levels, beginner through advanced...learn to skate or improve your skills**

Advanced skaters should be able to complete the following skills; strong forward crossovers, three turns, forward edges (curves on one foot) both directions and strong forward stroking. Skaters will begin to learn the more advanced elements of the sport including backward stroking, backward crossovers, footwork, edges, turns, jumps and spins.

**HELMETS ARE REQUIRED FOR EVERY SKATER**

Session 1: November 9, 16, 23, 30, Dec. 7, 14, 21  
FEE: \$96.00 (7 classes)

Session 2: January 4, 11, 18, 25, Feb. 1, 8, 15, 22  
FEE: \$110.00 (8 classes)



# Certification & Training Courses

**LIFEGUARD TRAINING:** Feb. 21, 28, March 7, 2015

9:00 am to 6:00 pm

Must attend all dates

This American Red Cross training course will be held in February and March at Belmont High School's Higginbottom Pool. Participants must be at least 15 years of age at the start of the course.

Cost: \$345 Total: \$300 to Sara Varella and \$45 to the Town of Belmont

**WATER SAFETY INSTRUCTOR COURSE:** April 11, 25, May 9, 2015

9:00 am to 6:00pm

Must attend all dates

This training course will be held at the Higginbottom Pool at Belmont High School.

Participants must be at least 16 years of age at the start of the program.

Resident Fee: \$450 - \$405 payable to Sara Varella and \$45 payable to the Town of Belmont

Non - Resident Fee: \$475 - \$405 payable to Sara Varella and \$70 payable to the Town of Belmont

**Recertification:** Date TBD

## **Personal Best Seminar - Mental Training for Peak Performance**

Personal Best's expert instructors will teach you proven mental toughness techniques that will give you the best chance for peak performance and success. These techniques and strategies are applicable to school, work, home, athletics and any area of daily life.

Instructors: Pete Moscariello & Scott Farris

**Thursday, November 6, 2014 and Thursday, November 13, 2014**

**7:00 pm - 9:00 pm**

**At the Beech Street Center: 266 Beech Street, Belmont, MA**

**Cost: \$50.00**

**Ages: 9th grade to adult**

## ***Babysitter Training Course:***

**Tuesday, October 7 and Tuesday, October 14, 2014 6:15pm - 8:15pm**

**Cost: \$40 per person. Must attend both classes**

This course will be held in the Conference Room at the Beech Street Center.

**A minimum of 5 participants are needed to run this course.**

**Participants must be at least 11 years of age at the start of the program.**

# Special Events

All Dance Parties at the Beech Street Center  
For grades 5 & 6 Cost: \$5.00

Halloween Dance Party	Friday, October 24, 2014
Holiday Dance Party	Friday, December 19, 2014
Winter Break Dance Party	Friday, February 13, 2015
Spring Fling Dance Party	Friday, April 17, 2015

Registration Forms available at the Recreation Department  
or you may pay at the door.



**Director: Susan Weiner**  
**A Division of Belmont Recreation**  
**The Recreation Department's Award Winning S.P.O.R.T. program**  
**(Special Programs Organized for Recreation Time)**

A year round program which provides activities for individuals with special needs. Participants of all ages and levels are welcome to enroll. Funding for this program is provided by the Towns of Belmont and Watertown, user fees and private donations. Dedicated volunteers enable the S.P.O.R.T. Program to offer many outstanding programs at nominal fees. We promise continued excellence in recreation programming for individuals with special needs.

Belmont S.P.O.R.T. consistently sends one of the largest contingencies of athletes to the Massachusetts Special Olympics

The Belmont S.P.O.R.T. program offers year-round, rewarding volunteer and community service opportunities. Call the Recreation Department at 617-993-2760 for more information.

### **Registration Information**

Registration for the Belmont S.P.O.R.T. 2014-15 season is currently underway. Complete brochures are available at the Recreation Department or online at [www.belmontsport.org](http://www.belmontsport.org)

## Facilities Schedules

Please remember to check the Recreation Calendar or call 617-993-2768 for daily updates.

**These schedules are subject to change.**

### Higginbottom Pool

September 8, 2014 through May 21, 2015

**Saturday and Sunday hours begin Sept. 20 and end as of April 12, 2015**

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 9/20/1 through 4/11/15	Sunday 9/21/14 through 4/12/15
Public Swim	7:30-8:30 2 lap lanes		7:30-8:30 2 lap lanes	8:00 - 9:00 2 lap lanes	7:30-9:30 2 lap lanes	2:15-4:15pm** 2 lap lanes	1-4:30 1 lap lane
Lap Swim All Ages		8:00-9:00					2:30-4:30 2 lanes only
Lap Swim Adults Only	8:30-9:30	9:00-9:30	8:30-9:30	9:00-9:30			4:45-5:30

**The pool will be closed on the following dates:: Oct. 13, 31, Nov. 11, 27, 28, Dec. 24, 25, 26, 31, Jan. 1, 2, 19, Feb. 16, Apr. 20**

**\*\*Due to afternoon swimming lessons, the pool will also be closed for afternoon public/lap/adult swimming on the following dates: Oct 11, 18, 25, Jan. 24, Feb. 7, Mar. 14**

**Additionally, the pools hours may be limited due to Dolphin swim team home meets, training courses, special needs programming or BHS events.**

**You are urged to check the Recreation Dept. calendar or call 617-993-2768 for up to date information**

### Public Skating at the Viglirolo Rink

Public Skating Calendars are published monthly November through March. These schedules will be available online, at the skating rink or in the Recreation Department Office. You may also find the schedule on the Recreation Dept. calendar on the Dept.'s website.

The rink will open on November 1, 2014 and close on March 15, 2015 (tentative date)

### Wenner Field House Schedule

**Sept. 22, 2014-May 21, 2015**

The Wenner Field House is located at Belmont High School , 221 Concord Ave Belmont, MA.

A current Recreation membership or day pass is required for admission to the Field House.

Open Monday through Wednesday evenings for **adults only** from 7-9:30 pm.

**Thursday Night is Family Night/Open Gym: 7-9:30 pm.**

Facilities may be used for individual activity or participation in Recreation programs. The Field House offers an indoor track, basketball and volleyball courts and a variety of activities for the whole family.

**Please Note: this schedule is subject to change depending on BHS activities**

**The FH will be closed Oct. 13, Nov. 11, 25, 27, Dec. 24, 25, 31, Jan. 1, 19, Feb. 16, Apr. 20  
BHS events which at this release have not been confirmed may also affect the schedule**

**MEN'S PICKUP BASKETBALL** Monday and Wednesday evenings.

**WOMEN'S BASKETBALL** Tues. nights in the main gym. Women are invited to join informal games.

**VOLLEYBALL** This co-ed program on Mon. & Thurs. evenings organized by our Field House Supervisors.

**OPEN GYM/FAMILY NIGHT** Every Thursday evening from 7-9:30. Students welcome!

# Conley League



**Tee Ball and Baseball**  
**Ages 4 through grade 3**  
**For boys and girls**  
**Season Begins the first week in May if fields are in**  
**playable condition**  
**Registration Begins January 5, 2015**  
**Fee: \$60.**



## **TEE BALL**

An instructional program for boys and girls beginning at age 4. Children must be age 4 by May 4, 2015. Batting is from a tee and teaches the basic fundamentals of hitting. Kids field the balls and learn the basics of base running and throwing. Each team is named for a AAA affiliate of a major league team and each child receives a tee shirt and hat to experience the feeling of being on a team. All players in this league receive a medal at the conclusion of the season. Great way to meet new kids and discover the joy of baseball. Games are played at either Payson Park or the Daniel Butler School.

## **BASEBALL**

Designed for boys and girls in grades 1-3 or who have previously played tee ball and are ready for coach pitching. Each team is named for a Major League team and each child receives a tee shirt with a number imprinted on the back and a team hat. The rules and fundamentals of baseball are coupled with a fun, non-competitive atmosphere to promote good sportsmanship and team cooperation. Games are played primarily at the Belmont Hill School.

## **General Information**

- Registration deadline is 4 p.m., Thursday, April 9, 2015. If space permits after that, you may still register but will be assessed a \$20. per player late fee. There are **NO EXCEPTIONS!**
- Placement requests will be honored to the best of our ability. Please try to limit your request to siblings or one friend. Requests **cannot** be honored after the April 9th deadline.
- Teams average 2 games per week. All games begin at 6 p.m.
- Coaches are parent volunteers and we truly appreciate their talents and efforts in this league, parents, please let us know if you are willing to help out.
- New Coaches Informational Meeting and equipment pick up at 5 pm, Tuesday, April 21, 2015.
- Equipment will be ready for pick up at the Recreation Dept. on April 21, 2015 and should be returned after the season is over, no later than June 22, 2015.

## **CONLEY LEAGUE KICK-OFF PIZZA PARTY**

6:30 p.m. Tuesday, April 28, 2015 at the Chenery Middle School

Weather permitting we will be outside on the field, picnic style, if not, we will meet in the cafeteria.

Players will receive their uniforms, get their schedules, meet their coaches and have an opportunity to play a little catch or bat the ball around and run the bases.

Please let us know if your child has any food allergies.

# Area Youth Organization Contacts

Belmont Youth Soccer Assoc.  
*Grades 3 and up*



[www.belmontsoccer.com](http://www.belmontsoccer.com)

Belmont Second Soccer Assoc.  
*Grades K - 2*

[www.belmont2ndsoccer.org](http://www.belmont2ndsoccer.org)

Belmont Youth Basketball Assoc.  
*Grades 3 and up*



[www.belmontyouthbasketball.com](http://www.belmontyouthbasketball.com)

Belmont Youth Baseball  
*Age 7 and up*



[www.belmontyouthbaseball.org](http://www.belmontyouthbaseball.org)

Belmont Youth Hockey  
*Age 4 and up*



[www.belmontyouthhockey.org](http://www.belmontyouthhockey.org)

Belmont/Watertown Youth Football and Cheer  
*Grades 1 - 6*

[www.wbyouthfootball.com](http://www.wbyouthfootball.com)



Belmont Youth Lacrosse



[www.belmontyouthlacrosse.org](http://www.belmontyouthlacrosse.org)

Belmont Field Hockey



[belmontfieldhockey@gmail.com](mailto:belmontfieldhockey@gmail.com)

Generation Tennis  
*Tennis programs ages 5 and up*



[www.generationtenniscta.com](http://www.generationtenniscta.com)

# Belmont Recreation Department

## Program Registration

ONE REGISTRATION FORM PER PARTICIPANT .COMPLETE AND MAIL TO:  
P.O. BOX 56, BELMONT MA 02478

Participant	Age	Grade	DOB	M/F	School
Address	Town	Zip	e-mail address		
Parent/Guardian Name (print clearly)	Phone		Emergency Phone		
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	

Will your child require any special accommodations/placement? \_\_\_\_\_

I, the undersigned, waive Belmont Recreation Department of all liability for any injuries, illnesses or loss of property while at Belmont Recreation Department's programs. In the event that I/my child should require any minor medical or surgical treatment and/or medication during Recreation Department programs, I authorize such physician or emergency care staff that the Belmont Recreation Department may appoint or designate to carry out the necessary treatment, or to take me/my child to the emergency room of the nearest hospital and I further authorize the hospital and its medical staff to provide the treatment deemed necessary by them for the well being of myself/my child. It is understood, however, that if hospitalization or treatment of a more serious nature is required, I will be contacted by telephone for permission.

Participant/Parent/Guardian (must be 18 years or older) \_\_\_\_\_ Date \_\_\_\_\_

The Recreation Commission has a **ZERO TOLERANCE POLICY** for misconduct by a participant or parent while at a Recreation Dept. program or facility. Any person who willfully disregards Recreation Commission policies may have their membership/participation privileges revoked.

# Parkour Class



**Join us for this new up and coming sport. Parkour is a combination of running, climbing, swinging, vaulting, jumping, and rolling.**  
**Instructor Blake Evitt has traveled all over the world studying parkour and teaching classes.**

Wednesday Evenings 6:00 - 7:30pm

At Chenery Middle School

**Session #1:** September 10 - November 12 **Cost:** \$100.00

**Session #2:** January 7 - March 25 (no Feb 18 or Feb 25) **Cost:** \$100.00

**Session #3:** April 1 - June 17 (no April 22) **Cost:** \$110.00

**Drop In:** \$15.00 per class **Ages:** 12 and up

Please complete and return to Belmont Recreation Department, PO Box 56, Belmont, MA 02478

**Make Checks payable to: Parkour Generations Americas**

**Registration Form**

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_

Parent/Guardian Name (print) \_\_\_\_\_

Phone \_\_\_\_\_ Alt Phone \_\_\_\_\_ Email \_\_\_\_\_

I, the undersigned, waive Belmont Recreation Department and Parkour Generations of America of all liability for any injuries, illnesses or loss of property while at Belmont Recreation Department and Parkour Generations of Americas programs. In the event that I/my child should require any minor medical or surgical treatment and/or medication during Recreation Department programs, I authorize such physician or emergency care staff that the Belmont Recreation Department may appoint or designate to carry out the necessary treatment, or to take me/my child to the emergency room of the nearest hospital and I further authorize the hospital and its medical staff to provide the treatment deemed necessary by them for the well being of myself/my child. It is understood, however, that if hospitalization or treatment of a more serious nature is required, I will be contacted by telephone for permission.

Signature (parent/guardian) \_\_\_\_\_ Date \_\_\_\_\_

The Recreation Commission has a **ZERO TOLERANCE POLICY** for misconduct by a participant or parent while at a Recreation Dept. program or facility. Any person who willfully disregards Recreation Commission policies may have their membership/participation privileges revoked.

Please indicate what session you are signing up for: Session 1 \_\_\_\_\_ Session 2 \_\_\_\_\_ Session 3 \_\_\_\_\_

# 2014-15 KARATE      Ages 3-14

Grandmaster Steve Nugent and his staff of experts will teach the basics and beyond to children as young as 3 and to young teens up to age 14.

Tuition includes a Karate uniform and belt as well as all future belts, stripes and patches earned  
ALL CLASSES ARE ON WEDNESDAYS

Session #1: September 17th to December 3rd - 12 weeks

Session #2: January 7th to April 1st (no Feb. 18th) - 12 weeks

Session #3: April 8th to July 1st (no April 22nd) - 12 weeks

Each Session is \$264.00

## LITTLE DRAGONS    ages 3 & 4

A fun-filled 30 minute class focusing on listening, balance, gross motor skills, basic stances and FUN!

4:30-5 p.m.

## LITTLE NINJAS                      ages 5-7

A 45 minute class concentrating on proper form, punches, blocks and kicks. Stretching, concentration, attitude and discipline are always stressed. Stranger awareness, fire safety and nutrition are also taught.

5-5:45 pm

## JUNIORS                      ages 8-14

A 45 minute class that gets into a deeper understanding of techniques and forms. In addition to Karate, the class stresses the importance of academic achievement and exercise as a way of life

5:45-6:30 pm

Please complete **BOTH SIDES** and return this form to Belmont Recreation Dept. PO Box 56, Belmont MA 02478

**MAKE CHECKS PAYABLE TO STEVE NUGENT'S KARATE INSTITUTE**

Participant Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Primary Phone \_\_\_\_\_

Alternate Phone \_\_\_\_\_ Email Address \_\_\_\_\_



Session(s) Registering For

Sess 1 \_\_\_\_\_ Sess 2 \_\_\_\_\_ Sess 3 \_\_\_\_\_



## *Steve Nugent's Karate*

Last name\_\_\_\_\_ First name\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_

Father's name\_\_\_\_\_ Ph.\_\_\_\_\_

Mother's name\_\_\_\_\_ Ph.\_\_\_\_\_

Child's birth date\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

E Mail\_\_\_\_\_

How did you hear about SNKI?\_\_\_\_\_

Has your child studied martial arts before?\_\_\_\_\_

If so, where?\_\_\_\_\_

Does your child have any physical challenges?\_\_\_\_\_

Is your child taking any prescription meds?\_\_\_\_\_

Does your child have any allergies?\_\_\_\_\_

If yes, what are they?\_\_\_\_\_

What are your child's average school grades? Please circle:

Below average                      Average                      Above average

Describe your child's personality: (circle a number. 0 being the lowest, 10 being the highest)

Attention Span    0 1 2 3 4 5 6 7 8 9 10

Follows Rules     0 1 2 3 4 5 6 7 8 9 10

Relates to peers   0 1 2 3 4 5 6 7 8 9 10

If your child were in Martial Arts training now, what would you like to see them achieve?    ☐Strength    ☐Confidence    ☐Self Defense

☐Weight Loss        ☐Attention    ☐Self Control    ☐Focus

☐Better Grades      ☐Flexibility    ☐Speed            ☐Balance

I recognize and acknowledge that there is a known risk of injury involved in participation of Karate. I agree to assume all risk and agree that Steve Nugent's Karate Institute Inc. will not be held liable for any damages not caused by or resulting from the negligence of the owners, operators, agents, or persons in charge of such establishment, or servants or employees. I also understand that I or my child does not have to participate in any activity or training that I or he/she does not feel is in their best interest.

Signature of Parent\_\_\_\_\_ Date\_\_\_\_\_

**Jodi Adams' FALL THEATER PRODUCTION of:**



**Come Join the Cast!**

The musical fun begins as Annie tries to find the parents that abandoned her on the Orphanage doorstep and the bitter Ms. Hannigan's rule. There are many exciting roles such as Oliver Warbucks, his secretary Grace Ferrell and staff including Drake, the servants and Bundles the laundry man. There is a part for President Roosevelt, his Aide Louis Howland and a number of orphan girls with singing solos. There is an Apple Seller, the New Yorkers and Bert Healy the radio announcer.; of course Lt. Ward and pretend parents, Rooster Hannigan, Lilly, and a dog named Sandy.

This 30 minute fun filled musical drama includes favorites like "Maybe", "It's the Hard Knock Life", "Girls", "Tomorrow" and "You're Never Fully Dressed Without A Smile"

---

Wednesdays September 17th through December 17th      excluding November 19 and November 26  
Grades 1 and 2: 4:00 - 5:00 pm Fee: \$185.00      Grades 3 - 5: 5:00 - 6:15 pm Fee: \$215.00

---

Mandatory for the entire cast:  
Run Through: December 3rd    Dress Rehearsal: December 10th  
Show: December 17th

---

**Registration  
Form**

Please make checks payable to: Jodi Adams

Name \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_ email \_\_\_\_\_

Home Phone \_\_\_\_\_ Emergency Number \_\_\_\_\_

Signature of Parent \_\_\_\_\_ Date \_\_\_\_\_

I, the undersigned, waive Belmont Recreation Department and Jodi Adams of all liability for any injuries, illnesses or loss of property while at Belmont Recreation Department's programs. In the event that I/my child should require any minor medical or surgical treatment and/or medication during Recreation Department programs, I authorize such physician or emergency care staff that the Belmont Recreation Department may appoint or designate to carry out the necessary treatment, or to take me/my child to the emergency room of the nearest hospital and I further authorize the hospital and its medical staff to provide the treatment deemed necessary by them for the well being of myself/my child. It is understood, however, that if hospitalization or treatment of a more serious nature is required, I will be contacted by telephone for permission.

# Babysitter Training Course

Tuesday, October 7, 2014 and Tuesday, October 14, 2014

Conference Room at the Beech Street Center

6:15 pm - 8:15 pm

Cost: \$ 40.00 per person

Must attend both training dates.

*A minimum of 5 participants are needed to run this course.*

**Participants must be at least 11 years old at the start of the program.**



Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Age: \_\_\_\_\_ Email: \_\_\_\_\_

I, the undersigned, waive Belmont Recreation Department and Debbie LeFlamme of all liability for any injuries, illnesses or loss of property while at Belmont Recreation Department's and Debbie LaFlamme's programs. In the event that I/my child should require any minor medical or surgical treatment and/or medication during Recreation Department programs, I authorize such physician or emergency care staff that the Belmont Recreation Department may appoint or designate to carry out the necessary treatment, or to take me/my child to the emergency room of the nearest hospital and I further authorize the hospital and its medical staff to provide the treatment deemed necessary by them for the well being of myself/my child. It is understood, however, that if hospitalization or treatment of a more serious nature is required, I will be contacted by telephone for permission.

Parent Signature (if under 18) \_\_\_\_\_

Date: \_\_\_\_\_

The Recreation Commission has a **ZERO TOLERANCE POLICY** for misconduct by a participant or parent while at a Recreation Dept. program or facility. Any person who willfully disregards Recreation Commission policies may have their membership/participation privileges revoked.

# Personal Best Training Seminar - Registration Form

Thursday, November 6, 2014 and Thursday, November 13, 2014

7:00 - 9:00pm - Beech Street Center (266 Beech St, Belmont, MA)

Grades: 9th - Adult

Cost: \$50.00 (*Check made payable to Personal Best*)

Personal Best's expert instructors will teach you proven mental toughness techniques that will give you the best chance for peak performance and success. These techniques and strategies are applicable to school, work, home, athletics and any area of daily life.

Instructors: Pete Moscariello & Scott Farris



*Checks can be made payable to: Personal Best*

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Grade: \_\_\_\_\_ Email: \_\_\_\_\_

I, the undersigned, waive Belmont Recreation Department and Personal Best of all liability for any injuries, illnesses or loss of property while at Belmont Recreation Department's and Personal Best's programs. In the event that I/my child should require any minor medical or surgical treatment and/or medication during Recreation Department programs, I authorize such physician or emergency care staff that the Belmont Recreation Department may appoint or designate to carry out the necessary treatment, or to take me/my child to the emergency room of the nearest hospital and I further authorize the hospital and its medical staff to provide the treatment deemed necessary by them for the well being of myself/my child. It is understood, however, that if hospitalization or treatment of a more serious nature is required, I will be contacted by telephone for permission.

Parent Signature (if under 18) \_\_\_\_\_

Date: \_\_\_\_\_

The Recreation Commission has a **ZERO TOLERANCE POLICY** for misconduct by a participant or parent while at a Recreation Dept. program or facility. Any person who willfully disregards Recreation Commission policies may have their membership/participation privileges revoked.



Need a fun activity for the kids to do  
while you're at work?



## Belmont Recreation Department's Sports Blast



December 29 and 30, 2014  
At Butler Elementary School  
9:00 am - 4:00 pm



Cost: \$45.00 per day - Check made payable to Belmont Recreation

Featuring multiple sports in a relaxed, fun atmosphere, including  
Kickball, Soccer, Wiffleball, Basketball, Dodgeball and many more!

### Registration Form

Name \_\_\_\_\_ Grade \_\_\_\_\_

Address: \_\_\_\_\_ Email Address \_\_\_\_\_

Primary Phone \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Please check day(s) attending    Monday, 12/29/14    \_\_\_\_\_    Tuesday, 12/30/14    \_\_\_\_\_

I, the undersigned, waive Belmont Recreation Department of all liability for any injuries, illnesses or loss of property while at Belmont Recreation Department's programs. In the event that I/my child should require any minor medical or surgical treatment and/or medication during Recreation Department programs, I authorize such physician or emergency care staff that the Belmont Recreation Department may appoint or designate to carry out the necessary treatment, or to take me/my child to the emergency room of the nearest hospital and I further authorize the hospital and its medical staff to provide the treatment deemed necessary by them for the well being of myself/my child. It is understood, however, that if hospitalization or treatment of a more serious nature is required, I will be contacted by telephone for permission.

\_\_\_\_\_  
Participant/Parent/Guardian (must be 18 years or older)

\_\_\_\_\_  
Date

The Recreation Commission has a **ZERO TOLERANCE POLICY** for misconduct by a participant or parent while at a Recreation Dept. program or facility. Any person who willfully disregards Recreation Commission policies may have their membership/participation privileges revoked.

# BELMONT RECREATION DEPARTMENT

## SKI NASHOBA 2015

Grades 5-12

Six Saturday Nights

Jan. 10, 17, 24, 31, Feb. 7, 14

Name (participant): \_\_\_\_\_

\*If you are signing up more than one child- please fill out additional forms.

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ EMERGENCY PHONE \_\_\_\_\_

Grade: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Email: \_\_\_\_\_

**CIRCLE ONE: Skiing or Snowboarding**

**Renting Equipment Yes/No**

**Lessons Yes/No**

I HEREBY GIVE MY APPROVAL FOR MY CHILD'S PARTICIPATION. I DO HEREBY WAIVE, RELEASE, ABSOLVE, INDEMNIFY AND AGREE TO HOLD HARMLESS THE TOWN OF BLMONT, THE BELMONT RECREATION DEPARTMENT, ITS DIRECTORS, SUPERVISORS, CHAPERONES, PARTICIPANTS FOR ANY CLAIM ARISING OUT OF ANY INJURY(S) TO MY CHILD. I HAVE READ THE ATTACHED RULES AND REGULATIONS AND HAVE DISCUSSED PROPER BEHAVIOR AND SKIING CODES WITH MY CHILD.

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE OF PARENT/GUARDIAN

**PAID: \$150 TOWN OF BELMONT**

**\$175 NASHOBA VALLEY**

**The pre-fit will be held on December 1st at 4:30pm at the Recreation Department.**

**Rental fee: \$105 night of pre-fit OR \$115 if rented after pre-fit**

### PARTICIPANTS CODE OF CONDUCT

FOR THE SAFETY OF ALL THE CHILDREN IN THE PROGRAM, THE RECREATION COMMISSION HAS ZERO TOLERANCE FOR MIS-CONDUCT BY A PARTICIPANT OR PARENT WHILE AT A RECREATION DEPT. PROGRAM OR FACILITY. ANY PERSON WHO WILL-FULLY DISREGARDS RECREATION COMMISSION RULES MAY HAVE THEIR MEMBERSHIP PRIVILEGES REVOKED.

#### SKI NASHOBA POLICIES:

All participants must check in and out with the chaperone assigned to their designated bus.

All participants are assigned to the SAME BUS for the six weeks, and understand that the bus they are on the first night will be their bus for the remainder of the program.

All participants understand that if they miss the first night due to any reason they will be assigned to a bus based on availability. A friend/sibling MAY NOT save them a seat on the bus on the first night.

Absolutely no drugs or alcohol allowed, under any circumstances. Police will be notified immediately.

Absolutely no fighting, foul language or bullying will be permitted.

Students must treat the bus, as well as Nashoba Valley with respect

Students must treat all adults and peers with respect

Communication is important to us and all information will remain confidential. Students are encouraged to speak with a chaperone in any event of concern.

I, as a student of the Belmont Ski Nashoba trip, have read the policies of the Ski Nashoba trip and understand that if I do not abide by these rules that I will have to face disciplinary actions or may have my Ski Nashoba rights revoked.

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date



# The All Sports Clinic

At Butler Elementary School  
Session #1: February 17 - 20, 2015  
Session #2: April 21 - 24, 2015  
9:00 am - 4:00 pm  
Grades: K - 6



**Cost: \$180 (payable to NE Elite Sports Clinics, Inc.)**

Featuring multiple sports in a relaxed, fun atmosphere, including  
Floor Hockey, Soccer, Wiffleball, Basketball, Arena Football and Dodgeball!



---

## Registration Form

Name \_\_\_\_\_ Grade \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_

Parent Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Person/Phone Number: \_\_\_\_\_

### Release Form and Policies

The signed participant has my permission to participate in the All Sports Clinic. I understand and accept the condition that neither the Town of Belmont, NE Elite Sports Clinics, Inc. It's directors nor coaches or the site owner will assume responsibility for medical and dental expenses incurred as a result of participation in this clinic. I also confirm that the participant has personal medical insurance coverage and that any expenses incurred while at the clinic is my responsibility. In case of an emergency, I understand that every attempt will be made to contact the person listed. If contact is unsuccessful, I give permission to the attending medical personnel to render medical treatment to the participant.

**Parent Signature** \_\_\_\_\_

**Insurance Company & Policy #:** \_\_\_\_\_

**please make checks** payable to NE Elite Sports Clinics, Inc.

**Return to:** Belmont Recreation Dept..PO Box 56, Belmont, Ma 02478

Please indicate what session you are signing up for: Session 1 \_\_\_\_\_ Session 2 \_\_\_\_\_

**BELMONT RECREATION DEPARTMENT**

**LIFEGUARD TRAINING COURSE  
2015**



**DATES:**      **Saturday**      **February 21**  
                 **Saturday**      **February 28**  
                 **Saturday**      **March 7**

**SITE:**            Pool and Classroom 113 – Belmont High School

**TIME:**          9:00 A.M. – 6:00 P.M.

**FEE:**            **\$345.00**            **Full Course**

Make checks payable as follows:

\$45.00:            Town of Belmont

\$300.00          Sara Varella

**PRE-REQUISITES:** Age 15 years and older

Must be able to swim 300 yards continuously (front crawl and breast stroke).

Tread water for 2 minutes with legs only.

Surface dive to retrieve 10 lb object in 7 feet of water.

**NOTES: (All Certifications now last two years.)**

**ATTENDANCE FOR ALL CLASSES IS MANDATORY.**

**Space is limited.**

**Be prepared with suit and towel, and classroom materials each class meeting.**

**All participants must be registered for the course by February 20, 2015. Late registration fee will be applied after registration date.**

**Any cancellations made after February 20, 2015 will result only in a 50% refund, unless approved at the instructors' discretion.**

**Please disclose any physical limitations or disabilities and any chronic health concern with the instructor.**

**Goggles cannot be used during skill assessments.**

-----  
Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Emergency # \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

I, the undersigned, waive Belmont Recreation Department of all liability for any injuries, illnesses or loss of property while at Belmont Recreation Department's programs. In the event that I/my child should require any minor medical or surgical treatment and/or medication during Recreation Department programs, I authorize such physician or emergency care staff that the Belmont Recreation Department may appoint or designate to carry out the necessary treatment, or to take me/my child to the emergency room of the nearest hospital and I further authorize the hospital and its medical staff to provide the treatment deemed necessary by them for the well being of myself/my child. It is understood, however, that if hospitalization or treatment of a more serious nature is required, I will be contacted by telephone for permission.

\_\_\_\_\_  
Parent/Legal Guardian

\_\_\_\_\_  
Date

**BELMONT RECREATION DEPARTMENT  
WATER SAFETY INSTRUCTOR TRAINING COURSE**

**DATES: Spring 2015-Weekend-Saturday Sessions**

Session1:     April 11  
Session 2:     April 25  
Session 3:     May 9

**SITE:**            Pool & Classroom 113 —Belmont High School  
**TIME:**          9:00a.m. - 6:00p.m.  
**FEE:**            Full Course- \$450

**WSI**  
**Certification**

**Make checks payable as follows:**

\$45.00 Town of Belmont (70.00 if non-resident)  
\$405.00 payable to Sara Varella  
(Certification costs are included)

**PURPOSE:** To train instructor candidates to teach water safety, including the Basic Water Rescue course, six levels of Learn to Swim and Parent and Child Aquatics

**Requirements:**

- Minimum of age 16.
- Possess a Fundamentals of Instructor Training (FIT) course (which we will complete during first session)
- Successful completion of a pre-course session, consisting of tests of water safety and swimming skills and knowledge.
- Swim suits and towels needed each session as well as instructor candidate course materials.**
- Lunch and Snacks as well as plenty of fluids should be brought to each session.

**ATTENDANCE IS MANDATORY**

Space is limited to 10 participants. Each session will include several breaks including a lunch break. **Application Deadline is April 10, 2015. Note any disabilities or medical concerns of participant directly to instructor before the course begins.**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Emergency Contact Number \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

E-Mail \_\_\_\_\_

Other Certificates Held \_\_\_\_\_

I, the undersigned, waive Belmont Recreation Department of all liability for any injuries, illnesses or loss of property while at Belmont Recreation Department's programs. In the event that I/my child should require any minor medical or surgical treatment and/or medication during Recreation Department programs, I authorize such physician or emergency care staff that the Belmont Recreation Department may appoint or designate to carry out the necessary treatment, or to take me/my child to the emergency room of the nearest hospital and I further authorize the hospital and its medical staff to provide the treatment deemed necessary by them for the well being of myself/my child. It is understood, however, that if hospitalization or treatment of a more serious nature is required, I will be contacted by telephone for permission.

\_\_\_\_\_  
Parent/Legal Guardian Signature

\_\_\_\_\_  
Date